

DECEMBER 2021 LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
Friday, December 17th NATIONAL UGLY SWEATER DAY		1 Corn Dog Mustard Baked Beans + Fresh Fruit	2 Cheesy Flatbread + Tossed Salad / Ranch Dressing Baby Carrots Flavored Applesauce	3 Chili Con Carne NEW Cornbread Poppers Steamed Broccoli Craisins
6 Deep Dish Galaxy Cheese Pizza + Shoestring Fries / Ketchup Fresh Fruit	7 Spaghetti with Meatballs Steamed Broccoli 100% Fruit Juice	8 Hot Diggity Dog Ketchup BBQ Black Beans Flavored Applesauce	9 All American Cheese Melt + Steamed Green Beans Tossed Salad / Ranch Dressing Fresh Fruit	10 Salisbury Steak with Gravy / Egg Noodles Steamed Carrots Craisins
13 BBQ Meatball Sub Sweet Potato Fries Fresh Fruit	14 Chicken Tenders Breadstick / BBQ Sauce Steamed Green Beans Flavored Applesauce	15 Italian Cheese & Garlic Cheesy Pull Aparts + Pizza Dipping Sauce Steamed Broccoli Fresh Fruit	16 HOLIDAY MEAL Turkey with Gravy Dinner Roll Mashed Potatoes 100% Fruit Juice	17 Classic Hamburger Ketchup  Baked Beans + Fresh Fruit
20 Pizza Crunchers + Steamed Carrots Fresh Fruit	21 Turkey Sausage Flatbread Steamed Broccoli Flavored Applesauce	22 Meatball Pizza Sub Sweet Golden Corn 100% Fruit Juice	23 Southwest Queso Cheesy Pull Aparts + Charro Beans Craisins	HAVE A GREAT WINTER BREAK 
NEW Thursday, December 3rd Cornbread Poppers	RED-Y FOR WINTER	<p>Did you know the color red visually triggers appetite? Vibrant red and pink foods contain lycopene, beta-carotene (vitamin A), and vitamin C. Lycopene is a powerful antioxidant that helps remove damaging free radicals. Vitamins A and C are beneficial to eye, skin, and muscle health. Red foods that are high in lycopene and vitamins A and C include tomatoes, kidney beans, cranberries, and pomegranates. On top of these impressive benefits, some red foods are used as dyes.</p>		

Did you know...

- We use heart healthy whole-grain breads and serve 100% fruit juice
- Milk is available with all meals; Milk contains no artificial growth hormones or antibiotics
- Nutrition and allergen information available at www.FSPro.com
- Menu items do not contain pork
- + Item does not contain meat

Menu Subject to Change

